

12 oz can Coke 39 grams of sugar

10 tsp of sugar



1 cup Skim Milk 12 grams of sugar



20 oz bottle Glaceau Vitamin Water 32 grams of sugar

8 tsp of sugar



20 oz bottle Coke 68 grams of sugar



8 oz Orange Juice 24 grams of sugar

6 tsp of sugar



1 cup Water0 grams of sugar



32 oz McDonald's Sweet Tea 59 grams of sugar

15 tsp of sugar



1 pouch (177ml) Kool-Aid Jammers 19 grams of sugar





Pink Lemonade Cooler 1 pouch (200ml) 24 grams of sugar

6 tsp of sugar

Sunny Delight
25% less sugar
1 bottle (200ml)
16 grams of sugar



Gatorade (20 oz) 34 grams of sugar

8.5 tsp of sugar



G2 Gatorade (20 oz)
12 grams of sugar



Capri Sun 25% less sugar 1 pouch (177ml) 16 grams of sugar